

Care that speaks
to you

ttha accent
HOME CARE

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ttha Views

Winter 2022

A MESSAGE FROM THE CEO



Winter has arrived swiftly this year, with the sunny warm days of autumn now a distant memory. The icy winds and cooler temperatures see us spending more time indoors enjoying our warm winter activities. The winter

sunshine breaks allow for some outdoor gardening and scenic drives while providing some beautiful views of the hills from the large windows at TTHA. Delicious soups and comfort foods are seen on our new winter menu, warming the soul and providing the winter comfort we all crave.

Winter lends itself to warming and heartier meals that provide comfort, so we are excited that our new winter menu is here with some delicious choices for all appetites and dietary requirements.

Gus and his team have created a deliciously new and seasonal winter menu introducing a vast array of new dishes while keeping the traditional German fare and favourites for all to enjoy. I'm excited about the hearty new menu and am looking forward to tasting the pork belly with apple and prunes and the honey

glazed ham. Desserts are my favourite, so I look forward to trying the sticky date pudding with caramel sauce, and one of my favourites, Eton mess with winter berries, is delicious! The new menu is on display in A3 size at the entrance of every dining room for easy access for our residents and families to peruse.



A favourite here at TTHA is our happy hours, where we pair entertainment with some delightful finger food prepared in our kitchen. Our Kitchen and Lifestyle teams delight in pairing special days on the calendar and events with our cuisine. So be sure to get a copy of our Lifestyle calendar to view all of the upcoming exciting events we are celebrating and the delicious fare which will be paired.

Our recent Easter celebrations are a perfect example of one of these events. Our Lifestyle team hosted some wonderful Easter happy hours and celebrations paired with hot finger food and cakes from our kitchen. Residents were delighted with their visit from the Easter

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bunny, who delivered some yummy chocolate treats.

Our annual hot cross bun afternoon tea was as excellent as ever—residents and staff were greeted with various flavours of hot cross buns with a choice of toppings. I would like to personally thank Greg and his team at Bakers Delight Boronia Junction for again donating over 100 hot cross buns for our afternoon tea. Greg is a strong supporter of TTHA, and year after year, he donates delicious treats so our residents can enjoy them. Thanks again, Greg!



At Easter, reception is always a buzz with colourful decorations, staff and residents purchasing their imported Easter treats and raffle tickets. We want to congratulate the winners of our Easter raffle; we hope you enjoyed sharing your Easter baskets.

We are excited to formally announce that Changing Seasons Café is finally open and welcoming residents, staff, families and the public for snacks and hot drinks. The café is open Thursday and Friday from 11 am to 2.30 pm. From Wednesday 8th June our cafe will be opening from Wednesday to Sunday, 10.30am to 3.30pm with a full menu. We encourage you to come in, meet our staff and enjoy the fare on offer. To stay informed on the café specials, please 'like' the café's Facebook page <https://www.facebook.com/ChangingSeasonsCafe>.

www.facebook.com/ChangingSeasonsCafe.

We are excited to announce that our Christmas market will go ahead this year on Sunday 27th November. Please save this date, as this event is not to be missed!

I would like to congratulate Accent Home Care on reaching the milestone of 600 home care packages. A big thank you to the team for all of their hard work and care for their clients.

Winter brings some exciting celebrations, which we usually pair with our Friday Happy Hour; residents love our themed days and dressing up. Some highlights of our winter events include Queens Birthday, Red Nose Day, Christmas in July, Cancer Council afternoon tea, International Beer Day and Indian Cultural Day, to name a few. These events will be celebrated with vibrant entertainment, delicious cuisine, and some flamboyant dress-ups to bring a smile and a laugh to everyone's faces.

As another beautiful and exciting season begins, we would like to invite you to come in and talk to us about your own or a loved one's aged care requirements. If you or a loved one wants to stay at home longer and needs some extra support, why not give our Home Care team a call and see how we can help you with gardening, cleaning, personal care, medication management or social and emotional support. Our very experienced staff are there to answer all of your questions and assist you along the journey. If you would like to make a Home Care enquiry or for any of the services TTHA provides, please get in touch with us at (03) 8720 1333 or visit our website (www.ttha.org.au).

Stay warm this winter!
Eva Simo – CEO

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QUOTE OF THE SEASON



CHANGING SEASONS CAFE

Changing Seasons Cafe is now open Thursday and Friday 11am to 2.30pm. To stay up-to-date with opening hours, menus and our delicious specials please see our website, www.ttha.org.au/changing-seasons-cafe/. Or 'like' the Changing Seasons Cafe Facebook page @ChangingSeasonsCafe



WORK WITH US

Are you seeking a long and rewarding career within a caring organisation? Are you passionate about aged care? TTHA and Accent Home Care are looking for enthusiastic Registered Nurses, PCAs and Community Care Support workers. If this sounds like you, please send your resume to careers@ttha.org.au or apply online at www.ttha.org.au/careers



ACCENT HOME CARE



As we move into winter, the days become shorter and wetter, and we find more leaf litter underfoot, creating slip and trip hazards. It is important not to rush at this time of year; take your time and reach out to the Accent Home Care team if you need support.

Due to the increased demand for home care services this winter, we have employed more people to answer the phones to assist. We are always looking at ways to improve, and we achieve this by receiving feedback from the people who use the service. If you would like to provide feedback, please do so by submitting your feedback using the webpage by going to <https://accenthomecare.org.au/> and then clicking on the word ‘feedback.’ If you prefer to provide feedback using the telephone you can call our office or write to us. Either way, we look forward to receiving your feedback.

For every friend you refer to Accent Home Care, you will receive a gift voucher of your choice as a token of our appreciation once they have signed up with us.*



\$100 VISA
GIFT CARD



\$100 COLES/MYER
GIFT CARD



\$100 WOOLWORTHS
GIFT CARD

Refer as many friends as you wish
and keep being rewarded.

Contact us on (03) 8720 1338
for more information.

*Offer is redeemable only once the person referred has signed up with Accent Home Care.

Phone us on (03) 8720 1338 or visit our website: accenthomecare.org.au or email us at: homecare@accenthomecare.org.au

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HOME CARE

Welcoming new staff to the Accent Home Care Team

Over the last few months, we have had many talented new staff members join the Accent Home Care team. These include Care Advisors, Shanai and Tahlia and Ying, a Community Home Care Nurse. The Service Delivery Team look after the booking and payment of care services and have several new members, including Aleksandra, Yuwei and Liz. Several new in-home care staff have joined the team, including Heidi and Shirley. I warmly welcome all new staff to the Accent Home Care Team.

Allied Health Service

If you are receiving a home care package, you can access Allied Health services which include Occupational Therapy, Physiotherapy, Podiatry, and Speech Pathology, to name a few. Allied health services minimise risks in the home and maintain or improve your health and functional ability. For example, an Occupational Therapist can prescribe grab rails or customise steps at home to make it easier and safer to move around. Due to the demand for Allied Health services, Accent Home Care has started to employ Allied Health therapists and welcomed Jasleen, a physiotherapist, to our team. Jasleen visits people in their own homes, prescribes mobility equipment such as frames, and works with consumers to improve their strength and endurance. If you receive a home care package and require an allied health professional, speak with your care advisor to organise.

Purchasing equipment to meet care needs

The Australian Government states...’ that the Home Care Packages Program intends to provide coordinated care and services

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that help senior Australians live safely and independently in their own home for as long as it is safe and appropriate. It is important to note that care and services should be the primary expense of any home care package. A Home Care Package is not extra income that can be used for everyday items and costs.' This means that a Home Care Package can fund things required based on a person's assessed health care needs. It is not there to pay for items that everyone requires, such as replacing heaters and fridges or paying household bills. Appropriate use of home care package funds includes payment for a talking microwave for a vision-impaired person or an electronic tablet or smart device to enable a person to access telehealth services. The Australian Government expects all purchases to be cost-effective, based on assessed goals and needs that meet the legislative requirements. In most cases, these items are prescribed by a health professional.

Support for Carers

Over the last few months, we have been supporting carers to have a break so they can attend appointments, go shopping, or spend time with friends, while Accent Home Care provides support for the person they care for. This has been achieved as part of our Flexible Respite Service. We have been providing respite services such as care recipients going out to the Basin Theatre and personal care and residential respite. This has been a very successful program funded annually, and we hope that the State Government continues this funding for the financial year that commences on the 1st of July 2022. If you care for someone and would like to discuss respite options, please contact Teah at (03) 8720 1338 or email ttha@ttha.org.au to find out more.

Until next time, stay safe and keep warm during the winter months. If you have a question about your home care package or are interested in a package for someone else, please call us on 03 8720 1338.

**All the best,
Nick Grakini
General Manager Community Services**



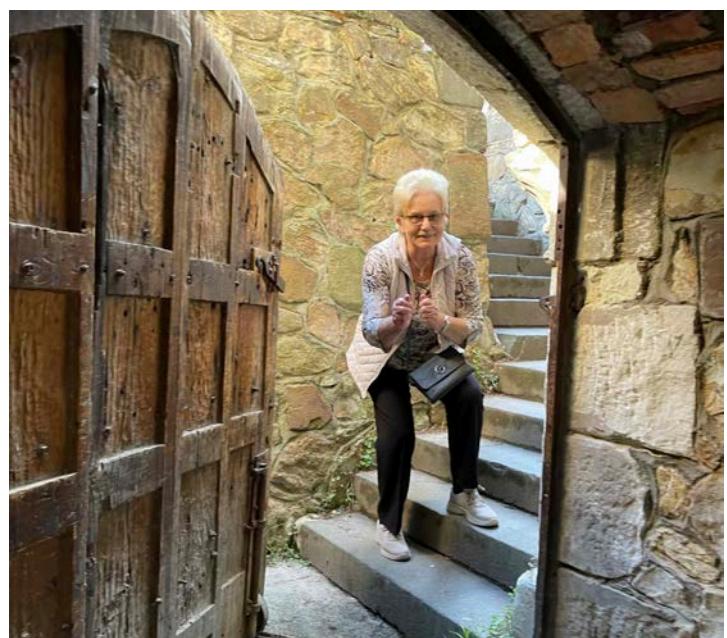
SOCIAL SUPPORT GROUP

****All outings before or after lockdowns****

Our social support group has many fabulous outings, including outings to support carers. Our carers are so important as they care for loved ones and meet their needs at home. In June, we will visit The Royal Botanical Gardens Lightscape exhibition. Iconic tree canopies will be drenched in colour and vibrant bursts of light. If you or a loved one would like to be a part of this outing on June 24th, please contact our wonderful social support group on 8720 1338. We look forward to hearing from you!



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**Best wishes from the Social Support Team
Susi, Ulli, Anja and Kerstin.**



CLINICAL UPDATE



As we all work towards a more COVID normal setting within the home we continue to provide the highest level of care. Our meetings and training sessions

continue onsite with slight adjustments, moving to zoom where appropriate. In April, residents were able to attend our residents and representatives meeting in person; however, management and representatives joined electronically in a setting where they could remove their masks and have the meeting streamed so that the residents could better hear and see staff. We were fortunate to have an independent pharmacist from Ward Medication management give a presentation on antimicrobial stewardship, including what is antimicrobial resistance, what causes it, and how to fight against it.

Additionally, we have started having more and more face-to-face training sessions with our staff, attending extensive palliative training, dementia training in partnership with Dementia Australia, and elder rights advocacy training for residents, representatives, and staff in July.

The clinical management team is working on getting in touch with the resident's nominated representatives to conduct care consultations as per the care consultation preference forms you received in early April.

Our Physiotherapist, Andrew from Health Care Australia, has left due to moving into a more senior role within Health Care Australia, where he will oversee a team of junior physiotherapist

staff. We wish Andrew all the best and thank him for his contribution to TTHA. TTHA has taken this opportunity to grow our team and hire a physiotherapist within the TTHA community. We are very excited about this opportunity and welcomed Jasleen, our new Physiotherapist, who started at the end of May.

We continue to recruit and grow the care team to allow internal coverage of shifts where there is the need for furloughing of staff and staff leave. We ask that if you know anyone with the appropriate qualifications who is compassionate, has a passion for aged care, and has a caring nature, encourage them to apply to join our fabulous team. We are grateful for the support from our excellent staff and care partners who have provided ongoing care throughout the challenging months and for the understanding and support of our residents and representatives.

Take care this winter.
Sara Rupenovic



LIFESTYLE UPDATE

Valentines Day

On Monday, the 14th of February, love was indeed in the air. Residents were delighted to wake to the facility's walls covered in a sea of hearts in shades of pink, red, and white. Further surprise came during breakfast; trays were adorned with Valentine's placemats and chocolate treats. Residents in Otto spent the morning crafting themed decorations.

In the afternoon, the main event began; a special "Gold Class" cinema experience was arranged for residents in Sarona Upper and Lower. "Breakfast at Tiffany's and "Casablanca" were screened with treat bags full of chocolate and popcorn were handed out, and residents loved their choc top ice-creams, with refreshing pink lemonade and champagne toast. Over in Otto in-house Music Therapist, Lorena led an "Old Time Romantics" sing-along. Residents sang their hearts out and reminisced about romances young and old.



Shrove Tuesday

On Tuesday the 1st of March, our residents and staff celebrated 'Shrove Tuesday' or 'Pancake day'. Everyone enjoyed their delicious afternoon tea, pancakes with delicious toppings of their choice, including whipped cream, jams, fresh berries, and sliced bananas with hot cups of tea and coffee. Lifestyle staff cooked pancakes in the old cafe and delivered them around the home.



International Women's Day

"Our work should equip the next generation of women to outdo us in every field.

This is the legacy we leave behind." – Progress
- Rupi Kaur

Each year at TTHA, we hold International Women's Day events to celebrate our consumers, the women in our lives, our workforce, and the cultural, political, and socioeconomic achievements of women throughout history. On Friday, the 11th of March, TTHA celebrated International Women's Day, which had fallen early that week. The home was adorned in purple, white, and green shades, as were residents and staff who dressed up to commemorate the event. Residents enjoyed the day reflecting on how the role of women in society has changed from their childhoods to now while working through themed activity packs and watching films about inspiring women, including "Suffragette" and "On the Basis of Sex - Ruth Bader Ginsburg". The celebrations concluded with delivering a delicious high-tea style happy hour of lavender-toned cupcakes and petit fours.



St Patrick's Day

On St Patrick's day, Residents awoke excited to find treasure on their breakfast trays in gold chocolate coins at the end of a rainbow, wishing them a "Happy St. Patrick's day".

Themed activity packs were delivered before lunch, accompanied by copious laughter as residents admired the sea of green around them and hid the remaining chocolates for later cravings.

The day concluded with a special happy hour, with delicious shamrock cookies, potato gems, green lemonade, and beer delivered to each wing. Residents in Otto enjoyed watching the Celtic Women perform, while residents in Sarona Lower enjoyed a screening of the film Brooklyn. Residents in Sarona upper enjoyed armchair travel aboard TTHA airways to the home of St Patrick in Ireland.



MR Softy Ice Cream Truck Visit

"I scream, you scream. We all scream for Ice-cream."

On Friday the 18th of May, residents and staff at TTHA were delighted to hear the gentle melody of "The Teddy Bears Picnic" echo through the home as an MR Softy Ice-cream van pulled into the front car park. Everyone had the opportunity to sit outdoors in the stunning Autumn sunshine while enjoying one (or two) delicious soft-serve ice creams or gelato cups slathered in decadent toppings of rainbow sprinkles, nuts or chocolate sauce.



Harmony Day

On the 1st of April, residents and staff celebrated Harmony Day. Although the national event is celebrated on the 21st of March, we chose to celebrate it on the 1st of April as this was the day resident cohorting ended within the home. Residents from all areas were invited to join in a COVID-safe celebration of diversity, inclusivity, peace, and harmony. In true TTHA style, the walls of the home were draped in orange and international flags to compliment the day's theme.

Residents and staff enjoyed discussing and celebrating what makes them unique and the beauty in those differences with good food and music influenced by the many cultures that help make both our country and our home harmonious.



Hot Cross Bun Day

Hot cross buns!
Hot cross buns!
One a penny, two a penny,
Hot cross buns!

On Monday, the 4th of April, we held our annual Hot Cross Bun day. Residents and staff tucked into various delicious hot cross buns with multiple flavours available, including traditional fruit, fruitless, choc chip, apple cinnamon, and mocha. It was the perfect treat to warm one up on a rainy Autumn day. Thanks again to Greg and the team at Bakers Delight for their generous donation of the delicious hot cross buns.



Easter

The Easter season was celebrated on many days throughout April. Events included the annual hot cross bun day, Easter themed art and craft, egg hunts, and a visit from the Easter Bunny themselves.

On Friday, the 8th of April, residents celebrated further with a high-tea style happy hour. Pastel hues dressed the home, perfect for an elegant affair. Residents admired the décor while enjoying refreshments of champagne, tea, coffee, and petit fours to the familiar harmonies of Easter Hymns.

When Easter Sunday finally came, residents were delighted to wake to find their breakfast trays adorned with warm wishes and giant chocolate bunnies to enjoy over the long weekend.



More Easter Fun!



**Stay safe everyone!
Sam and the Lifestyle team**



KITCHEN UPDATE



We welcome the cooler months with a new menu. We will be serving up some more hearty slow cooked meals like pork belly with apple and prunes, corned beef with yellow mustard seed sauce and honey glazed ham to name a few.

In the pastry section we will be busy baking new desserts, such as roasted plum crumble, sticky date pudding with caramel sauce and Eton mess with winter berries just some of the delicious favourites to look forward to.

We are excited to announce we have a new second chef "Brandi" that has joined the team, Brandi has worked in aged care and restaurants which is a great contribution for TTHA. Brandi also loves baking, His banana cake is pretty good!

Café news – as most will know, the café is open Thursdays and Fridays for the moment. Currently the cafe is open 11am to 2.30pm, we will open Wednesday to Sunday 10.30am to 3.30pm with a full menu from the 8th of June. With our new cafe chef we look forward to some delectable hot food, direct from the cafe kitchen. Stay warm this winter!

Gus & The Kitchen/Cafe Team



Pork Belly with Apple and Prunes



Honey Glazed Ham



Sticky Date Pudding with Caramel Sauce



Eton Mess with Winter Berries

QUALITY UPDATE



Infection control.

TTHA has been preparing for winter, with the coming months expecting to experience an increase in influenza cases that has not been as prevalent in

the last couple of years.

The Department of Health has not yet issued any statements as to whether being vaccinated for influenza in 2022 will be a condition of entry into Residential Aged Care Services. As it was required in 2020 and has not yet mandated that staff are required to be vaccinated. It is TTHA's policy that vaccination for influenza is very strongly recommended and we are currently looking at staff and resident vaccination programs. Nursing staff will be contacting residents and their nominated representatives to gain consent for participation in the vaccination program. Accent Home Care clients are encouraged to have their influenza vaccination and can contact their care advisors if support to access this is required.

The Department of Health and ATAGI have recommended the second booster "Winter dose" for people over the age of 65 years or who are otherwise vulnerable such as immunocompromised. It is advised that this is administered 4 months following the first booster.

There is also an increase in reported respiratory illnesses in the community that

is not testing positive for COVID. We do request that no visitors come if they, or anyone in their household, are experiencing respiratory symptoms, even if they have a negative rapid antigen test.

Staff and visitors at TTHA continue to wear N95 face masks and eye protection. This continues because the Department of Health and the Local Public Heath Networks have advised that staff who are wearing this protection throughout their shift will not be classified as a workplace contact and consequently require furloughing should a staff member have worked within 48 hours prior to testing positive for COVID. By visitors maintaining their protection of wearing an N95 face mask, we are then working together to keep all residents safe and healthy.

Partners in Care/ Named visitor.

Residential aged care services must continue to offer each resident the opportunity to have a visitor even during a lock down. Partners in Care and named visitors must be nominated prior to an outbreak and infection control education must be provided to ensure correct wearing, and removal of PPE is undertaken. Correspondence has been previously sent to representatives to update their residents' records. If you have not responded and would like to be/have a nominated visitor or partner in care, please do so at your earliest convenience.

Kitty Fausett
Quality Manager



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TAX APPEAL!

Make a tax deductible donation before 30th June 2022 and 100% of the funds are used to run special resident activities.

I enclose a cheque for: \$10 \$30 \$50 \$100 Other: \$ _____

I would like to make a cash donation of: \$10 \$30 \$50 \$100 Other: \$ _____

Credit card donations available at reception, please call 8720 1333 for more information.

TTHA IS A NON-PROFIT ORGANISATION. DONATIONS OF \$2 AND OVER ARE TAX DEDUCTIBLE

Your donations will greatly contribute towards TTHA's commitment to improve the lives and wellbeing of our residents through activities, resources and the ongoing development of our facility and services. Your contribution will make a difference.

Mr./Mrs./Miss/Other _____

Name _____

Address _____

Suburb _____ State _____ Postcode _____

Phone _____ Email _____

Donate directly online - www.ttha.org.au/give-now

Confidentiality and Privacy: TTHA respects your privacy. By providing your email address you will automatically be added to our Newsletter distribution list. If you prefer not to receive our communications, please unsubscribe. We keep your bank account details confidential. **Address:** 31-41 Elizabeth St, Bayswater, Vic. 3153 | **Telephone:** 03 8720 1333 | **Fax:** 03 9729 9356 | **Email:** ttha@ttha.org.au |

Make a difference – Leave a gift in your will.

A bequest is a gift made as part of your will. It may be money, shares, property or other valuable items. In addition to leaving a gift in your will to family and other loved ones, we invite you to consider a gift to TTHA in your will. With a legacy donation, you will pass on a helping hand to the residents of TTHA who need it most. Your bequest will make an unforgettable difference to our facility, ensuring you enrich the lives of those living at TTHA. We welcome the opportunity to discuss how your financial support can make a difference to TTHA and how you wish to be remembered.